

WHAT IS CLAIMED IS:

1. In a circular hoop for hip gyration comprising:  
a hoop tube extending generally in a circle between  
two ends of the hoop tube, the ends substantially abutting at  
5 a hoop tube joint;

a flowable substance disposed inside the hoop tube;

a coupling tube disposed inside the two ends of the  
hoop tube and spanning the joint, the coupling tube including  
a bore through which the flowable substance is freely flowable  
10 circumferentially in the hoop past the joint; and

a seal preventing the flowable substance from  
leaking between the coupling tube and hoop tube and through  
the hoop tube joint, the improvement wherein

said coupling tube comprises an inner tube made of a  
15 strong and hard plastic covered with a sheath of softer,  
compressable material, and wherein said seal also comprises  
said sheath.

2. The hoop of claim 1 wherein said sheath is  
provided with at least one outwardly projecting rib.

20 3. The hoop of claim 1 wherein said sheath is  
provided with a plurality of outwardly projecting ribs.

4. The hoop of claim 3 wherein said plurality of  
ribs extend circumferentially about said sheath.

5. The hoop of claim 1 wherein said sheath comprises two parts, said two parts comprising a first sheath part and a second sheath part each extending approximately one-half the length of said inner tube.

5           6. The hoop of claim 5 wherein said inner tube comprises an outwardly extending ridge at a position approximately one-half the length thereof, said ridge separating said first sheath part from said second sheath part.

10           7. The circular hoop of claim 1, wherein said flowable substance is a liquid which fills approximately between  $1/6$  and  $1/2$  of an interior space of said hoop.

8. The hoop according to claim 7, wherein the liquid fills approximately between  $1/6$  and  $2/5$  of the interior space of the hoop.

15           9. The hoop according to claim 7, wherein the liquid fills approximately  $1/4$  of the interior space of the hoop.

20           10. The hoop according to claim 1, comprising a decorative film covering on the hoop tube, said film being printed with diffraction rulings to provide an iridescent-like appearance.

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